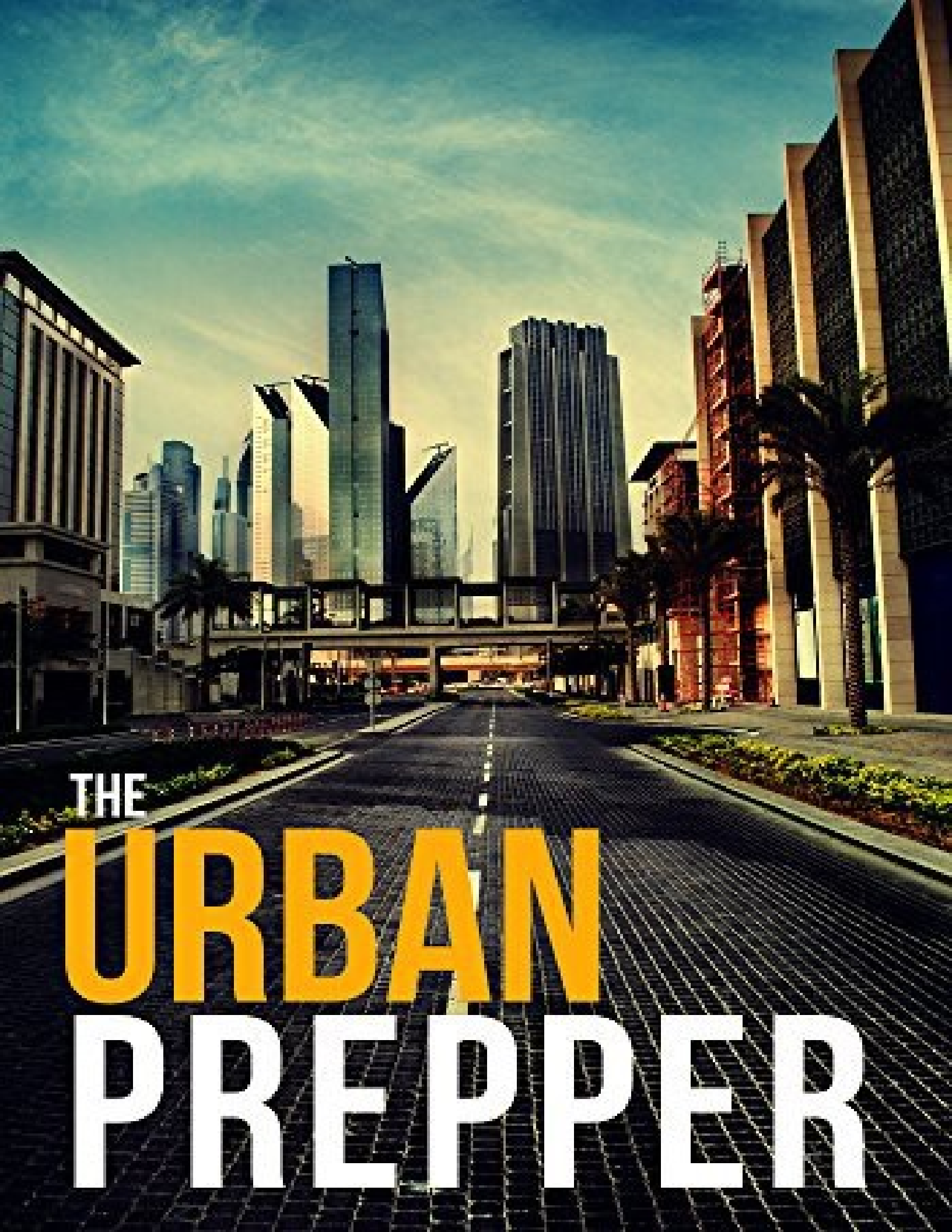




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Why You Should Prepare In an Urban Environment

Whether you believe that the world is currently a safe place or you believe that the world could end shortly, you should at least have a basic understanding of what to do when a disaster does occur. Many individuals view preppers as conspiracy theorists or slightly delusional, but this couldn't be further from the truth. Preppers are prepared for any type of disaster, ranging from common natural disasters to unlikely large scale events. They're prepared and they understand how to take action in any of these situations. How much you decide to prep is up to you, but having an understanding of this information and being able to utilize these techniques could mean the difference between life and death.

The Increasing Volatility of Natural Disasters

Natural disasters should be the number one reason you begin to prep. From floods, fires, tornadoes, hurricanes, and earthquakes, no matter where you live, natural disasters can affect you. Global warming and climate changes have created stronger, powerful, and larger natural disasters. Understanding how to protect your family during and after these disasters is a skill that everyone should possess. The survival rates during Hurricanes Katrina and Sandy might have been higher if these principals were understood and practiced.

The Increasing Volatility of Man- Made Disasters

While man- made disasters, like terrorism and war, are less likely than natural disasters, it doesn't mean you shouldn't be prepared. Nuclear, biological, and chemical weapons are being developed throughout different nations, some of which are considered terrorist nations. Not to mention gun violence and shootings have been all over the headlines in the news. Should these worse case scenarios occur, your knowledge of prepping will be tested.

Common Occurrences During A Disaster

Unfortunately, many people will rely on government aid and instruction during a disaster. The reality of the situation is that the government may not be able to provide aid until weeks into a disaster. Finally, when aid comes it may not be what you expect. Nothing is more demoralizing than starving for weeks only for the government to show up with rationed water and food. Look at Hurricane Katrina as an example of government aid and intervention. For weeks citizens had to deal with aggressive violence, no food and water, and terrible sanitation conditions.

Stores quickly ran out of food and water, as any supplies were quickly looted. Violence quickly broke out as people turned on each other looking for supplies. Others avoided trouble waiting for the government aid which took weeks to arrive. Many casualties could have been avoided if just a basic understanding of prepping was had.

The Breakdown of Violence.

Many of you have heard of the 80%/20% rule commonly known as the Pareto principal. Well, there is a similar rule that can be applied to disasters. This rule is considered the 80%/10/10% rule. The rule states that 80% of people will do nothing during a disaster. They're either paralyzed by fear or they're waiting for someone to step up as a leader. These are the people who will stay put in their homes no matter how bad their situation becomes. The majority of these 80% will rely on government aid for food and shelter. They have little to no understanding of survival skills and their odds of survival will depend on others.

The next 10% resort to violence. Whether they're taking advantage of a lack of law enforcement or they're just scared and react with violence, these 10% are the troublemakers. You will see this group rioting and looting after or sometimes during a disaster. They will form "gangs" during disasters and raid homes looking for supplies and valuables. This group is responsible for all the violence and looting of evacuated homes during Hurricane Katrina and Hurricane Sandy.

The last 10% are the leaders and the people who are prepared for the situation. They have a supply of all the necessary items and information to survive and help others survive. These individuals are responsible for heroic acts and are oftentimes leading the 80% who are paralyzed by fear. They have the knowledge to treat medical issues, have the supplies to aid others, and have the knowledge to lead others to safety. This knowledge can come from military training, law enforcement knowledge, or an understanding of prepping and survival skills. These ten percent are the true heroes and are responsible for saving lives.

Nations Run On Just In Time Supplies

It's common knowledge that almost all developed nations run on "just in time" deliveries. What this means is that food, water, and other supplies are usually delivered daily in order to remain fresh and preserved. Super markets only have enough inventory for 24-48hrs. Even worse, when a disaster does occur many people panic and begin to "stock up" even though they should already have a proper food and water stockpile. This means food and resources are depleted almost instantaneously. You need to be able to survive these disaster situations and learn how to do so without relying on others for help.

Always Be Ready

You never know when or where a disaster will strike so you need to always be prepared. Disasters can occur in a split second and your survival rate will decrease every second you waste trying to initiate your survival plan. You need to be ready, no matter if you are at work, school, or relaxing on the weekend.

Know your Way Around In an Urban Environment

This may seem like common sense to new readers but many people don't know how to properly navigate a new city or environment. Even if you are on a trip or only staying in a city for a few days you still should take some time to learn the major roads and intersections. Just because you are on vacation or a business trip doesn't lower the chances that a disaster might occur. Take a few moments before you leave or when you are traveling to look at a map and identify the major thoroughfares. If a disaster does occur you will quickly be able to recollect this data which may eventually save your life and allow you a quick evacuation.

This same principal applies to the area that you currently live in. Many people know their city like the back of their hand but still some people rely on their cell phones for navigation. If you are one of these people you should learn both the main and back roads. Cell phone towers are usually congested and fail during a disaster so you need to build up your navigation skillset.

Stores Cannot Be Relied On

Once a disaster occurs you need to have your own supply of food, water, and survival equipment. Stores will quickly sell out of supplies or they will be quickly looted. Trying to purchase last minute supplies can put you in harm's way. We will go into detail in the next few chapters on how you can build a supply of everything needed to survive for an extended period of time.

Government Aid

Government aid is also a luxury that you shouldn't rely on. As we mentioned above, it can take the government weeks to provide aid to victims. In a full scale disaster, you need to be aware that the government may not be coming or providing any aid. When aid does show up, it may be rationed without enough food and water to supply your family. You need to learn how to provide food, shelter, and protection to you and your family. You need to become self-sufficient and rely only on yourself when a disaster does occur.

It's OK to Start Small

We are going to be providing you with numerous lists of supplies, equipment, and essentials in this book. Some of these items are inexpensive, while others can carry quite the price tag. Some readers may feel stress and anxiety as they feel they are not properly prepared due to the recommendations in this book. These lists and recommendations can be bought over a period of time. A great prepping supply cache is not built overnight (although it can be). Our advice is to start slow and build up your supplies over time. Try to make it a habit to purchase a few items each week. After a while, your prepper supply kit will grow. But don't feel overwhelmed if you're just starting or you're new to prepping. There are plenty of ways to grow your supply cache even if you are on a tight budget.

Know How to Use Your Tools

We are going to recommend numerous tools and equipment in this book that will increase the odds of your survival. Many preppers make the mistake of purchasing new tools and testing them out for a few minutes and then storing them away. Take the time to test out and really get to know how to use these tools. Practice cooking meals, filtering water, etc. When a disaster does occur you don't want to be learning as you go.

Final Word Before We Begin

Prepping needs to be practiced just like any other skill you can learn. Educating yourself, learning different tactics, and practicing these tactics will improve your prepping skills. We urge you to continue to practice prepping and seek out other sources of knowledge in addition to this book. Don't just stockpile food and supplies and think that you're prepared. Take these principles that we're going to teach you and dig deeper. Prepping can be a great hobby and you may find yourself among the ten percent of heroes that are ready to lead should a disaster occur. Good luck!

The Principals of Prepping In An Urban Environment

Before we begin to go into detail about securing your home we first want to make sure you understand the different principals of prepping. There are many different theories and different mindsets when it comes to prepping. We are going to give you advice and guidance that we feel will apply to the majority of our readers. Please feel free to take this guidance and personalize it to your situation. You can take our lists, techniques, and tips and keep the ones that apply to you and research other techniques. We also urge you to test out these techniques and see if they are right for you. Keep the tips that work for you and test out new tips. Prepping is a skill and you should always be searching for new and better techniques.

Living in an urban environment isn't ideal if you are trying to survive a disaster but there are ways you can dramatically improve your odds of survival. Urban survival is tricky due to numerous factors and it may take more work and preparation to make sure you are ready for a disaster. With that being said many preppers won't have the luxury of living in a rural environment or in a home. The city has numerous work and social advantages that they don't want to give up or they simply cannot move. This section of the magazine will deal with ways you can prepare for a disaster and increase your survival if you live in an urban environment.

Stay or Evacuate

Often times it's better to evacuate your area and seek help and shelter instead of trying to stick out a disaster. Other times, disasters strike very quickly and you don't have the option to evacuate. The next chapter will be dedicated to situations in which you should and should not evacuate. However, you should start brainstorming and writing down places that you can evacuate to. Do you have family or friends in another town or state? Where is the nearest large city? Is there a rural area you can evacuate to? You want to have multiple evacuation routes and locations when creating your evacuation plan. We are going to teach you how to properly secure and protect your home but some disaster situations will require you to evacuate. How many times have you seen an individual trying to ride out a hurricane only to be stranded on their roof? So you need to use all your information available when making the decision to stay or go and you should try to make the decision as quickly as possible.

When trying to decide whether or not you should evacuate you should ask yourself the following questions:

What is the current disaster?

Do I need to evacuate now or can I wait and analyze more information?

Is my home prepared for this disaster?

If I don't evacuate now, do I have a chance to evacuate if the situation deteriorates?

Is the movement of the disaster predictable?

Do I have an evacuation route that is safe and a safe house to evacuate to?

Will I encounter traffic or other threats if I evacuate?

Is the disaster going to get worse or better?

How safe will my evacuation location be?

What is the worst case scenario for this disaster?

Pros of Staying Put and Hunkering Down In an Urban Environment

The positives of staying put will depend on the security level of your home, your knowledge of survival, and how well you have your home stockpiled. The more confidence you have in your prepping skills and the overall security of your home, the more weight you can give to a decision to stay put. On the other hand, if you are new to prepping your best bet might be to seek out government aid at a shelter or evacuation point.

You Have a Customized Supply Cache

The number one reason to ride out a disaster is your supply cache. If you have taken the time to create a personalized supply cache designed for your family you will be well ahead of almost 95% of the population. You will have the supplies to survive for weeks or even months without having to resort to other survival techniques. A proper supply cache can dramatically increase your odds of survival. If you decide to evacuate you are leaving these supplies behind and you may only be able to carry a basic amount of supplies in your bug out bag. Also there is no guarantee that your evacuation point will be full of food or aid unless you have taken measures to stock up yourself. Once again you cannot rely on government intervention for your safety and wellbeing.

Security In an Urban Environment

When a disaster does occur you might have to face flash mobs, rioting, and violence. These flash mobs can quickly escalate and it can be difficult or almost impossible to protect yourself from this violence. Most high-rise and apartment complexes are filled with tenants and depending on how long your disaster lasts they can become quite restless. You need to make sure you are properly protected if you choose to hunker down.

Make sure you have the required supplies to hunker down and secure your apartment. This means you should have ample food and water to last a few weeks. Door stops and window reinforcement devices are available that require little set up and won't violate any building permits. Also make sure you have the weapons you need to defend yourself in the event of unwanted entry. Having a plan and executing it during a disaster is critical if you are living in an urban environment.

Time

Any prepper or survivalist will tell you that time is an extremely valuable resource. Unfortunately, during many disaster situations you will not have the luxury of time. When a disaster strikes, you need to immediately put your plan into action and decide how you are going to proceed. Every second that you waste will decrease your odds of survival. Certain disasters will happen so fast that you might not have time to evacuate and you need your home for survival. Both natural disasters and man-made disasters can happen in a split second. This is why you should always have your home prepared even if you plan on evacuating during certain disasters.

The Negatives of Hunkering Down In an Urban Environment

We are going to talk later on in this chapter about the correlation between the motivation of threats and the length of the disaster. Essentially, the longer a disaster occurs, the more desperate people become and the more they are willing to risk. If you have supplies and equipment you open yourself up to robbery and looting. While you may have perfect defenses and security procedures, your house can still be overwhelmed by a group of thieves or you could be smoked out with chemical weapons or by setting your home on fire. Don't get a false sense of security just because you have the proper equipment and supplies.

Predicting Disasters

Disasters, whether man made or natural, are almost always impossible to predict. You will find yourself in a lot of trouble if you try to predict the severity and path of any disaster. Many lives have been lost by people underestimating the power of hurricanes, fires, and other natural disasters. If it's highly likely that you are in the path of one of these storms you should always consider the worst case scenario when you're deciding to evacuate.

Riots and Civil Unrest In an Urban Environment

When a disaster occurs, adrenaline and instincts take over and logic takes a backseat in our brain. Panic quickly turns to mobs and riots as many people are trying to just survive. There are numerous stories of people getting trampled and killed when trying to evacuate a building due to a small fire. Knowing how to survive during these flash mobs and riots can be a great skill to learn. Almost all flash mobs and riots follow the same pattern and these techniques can be applied to numerous situations.

Rioting and civil unrest are both difficult to predict and plan for. The problem with riots is that they may start off small and quickly build momentum. A small riot that poses little or no danger can explode overnight and begin heading to your neighborhood. Even the most secure houses will have a hard time holding off hundreds or even thousands of people. You need to keep a close eye on any riots or civil unrest in your area. This is especially true if we suffer any more economic hardship. Rioting can move quickly from peaceful to all out destructive. You need to analyze the situation and decide if you want to stay or you should evacuate.

The number rule to surviving a flash mob is to avoid the mob at all costs. This can be very difficult, especially if you are in a crowded or contained area when a disaster occurs. If you are in a crowded area and panic does begin to erupt you need to think on your feet. Try to look for side exits or areas that will be less traveled. Remember, when a disaster occurs the "herd" will generally head towards one area. You may want to reevaluate your first instinct and instead look for alternative exits. This phenomenon usually happens when the majority of the crowd pushes and shoves to make their way through one exit when there are numerous other exits. You need to also make sure you display some caution as you don't want to be wandering a building looking for an exit or get yourself lost looking for alternative exits. Take a deep breathe, then evaluate your options and see if it's possible to avoid the crowd.

Evacuate Or Hunker Down Avoid Attempting to Stock Up On Last Minute Supplies

Panic may quickly turn into a free-for-all and stores are usually the first places to get looted. Usually high end jewelry and electronic stores are first hit. Quickly, the mood turns from goods to food and supplies and your local shopping centers will be next. If you are caught downtown when a disaster occurs, you should avoid these places like

the plague. This is just one reason why having a food supply is absolutely necessary. Running out of food and trying to stock up on supplies a few days after a disaster will diminish your odds of survival. So make sure you have all your food properly stored and you have enough to last you the duration of a disaster. If you are caught in a crowded area downtown make sure you avoid storefronts at all costs.

The number one cause of death during flash mobs is getting trampled to death. Being crushed or stepped on has a high occurrence around bottle necks. When hundreds of people are pushing for their lives, they will do whatever they can to get through the door. When you come to a bottle neck you need to prepare yourself and the people you are with. Brace yourself and make sure you stay on your feet. Falling down can quickly become a death sentence. Many times if you can prepare yourself for the bottle neck you will prevent yourself from being caught off guard.

Entering A Mob Can Be Your Last Mistake

Never ever try to fight the crowd when a mob breaks out. This may seem like common sense but remember you will have adrenaline flowing through your system and many people will choose fight instead of flight. This is just one reason why violence breaks out during disasters. You have many good Samaritans trying to help aid people to exits but you also have numerous people causing as much violence as possible. You will often see this scenario at Black Friday and other large events. Trying to fight a crowd will only end badly for you. Violence can be identified as danger and quickly a group may see you as a threat. This is a move that should be avoided at all costs. So next time you are in a fight or flight environment you should always choose flight.

This sounds counterproductive to our point above, but if you are caught in a flash mob do not try to fight the flow. Going upstream will only increase your chances of falling down and getting trampled. Yes- you do want to look for other exits and avoid bottlenecks but please do not fight the crowd. You may be able to break through a crowd of a dozen people but it can be difficult to judge the size of the crowd and panic mobs can increase in size exponentially.

Principals of Hunkering Down: The Motivation of Others

One misconception that many new preppers make is that they can protect their home from human attackers. You may be able to fend off a few attacks with proper planning and equipment but if enough people want to get in your house you may find yourself in trouble. When a disaster does occur, many people will have food and supplies for a few days. After a few weeks, these supplies run out and they become desperate. The longer a disaster occurs without government aid the more motivated outside threats become. This means that if certain people know that you have food and supplies, they are going to be highly motivated to break into your home. You may be able to handle individual threats but gangs and groups of threats can be another story. Always remember that your house can be easily burned down or you can be forced out.

The Two Schools of Thought

When it comes to securing your home there are two schools of thought that many preppers and survivalists use. You need to decide which one you choose and we will be covering both schools of the thought throughout this book. Once again prepping is very personalized. Take what information you feel applies to you and feel free to research additional information. Try to weigh the pros and cons of each idea and really dig deep when you research. Certain information, supplies, security equipment may apply to one person and another person may find them completely useless. Remember knowledge is power.

Risk Vs Reward

When a disaster does occur and people begin to get hungry and need supplies they begin to operate on a primal level. Attacking and robbing a house for food and supplies is a risk. They could get hurt or killed by attacking your house. The reward is the food and supplies that could be in your house. They may be willing to risk their lives if they know that months of supplies, water, and weapons could be in your house. By skewing their risk/reward system you can make sure your home is left alone.

The First Hunkering Down Philosophy: Little Reward

The first philosophy that we are going to discuss is making your home appear to have little reward. This means that your house takes on the appearance of an abandoned building. You want your home to look like you have no food, water, or anyone occupying this structure. You keep your lights off and your movement to a minimum. You want thieves to bypass your home because it has such little reward. You still need to project an image of strength and make sure your home is difficult to breach. You essentially want the thieves to give up because the effort and risk is too high--even if you have only a few security measures in place. For example, if you have fences, debris, and highly secured doors and windows, many thieves will give up quickly in search of an easier and higher reward.

The Second Hunkering Down Philosophy: High Risk

The second philosophy we are going to discuss is the high risk strategy. This involves making sure your home is very difficult to breach and you have numerous security defenses in place. Essentially, you want thieves to look at your home and decide that it is too much of a risk to try to enter. This will deter most looters as they will go off in search of lower risk and higher reward. You need to be aware that this strategy can become less effective depending on the length of the disaster. The longer the disaster occurs the more motivated thieves will become. This may lead to a reevaluation of looters' risk/reward scenarios and they may become interested in your home no matter the risks.

The Importance of OPSEC In Both Plans In an Urban Environment

If you do decide to hunker down in an urban environment not attracting attention will be another issue you face. When food and water begin to run out you may find yourself fending off unwanted visitors. This is especially true if your neighbors know you are a prepper and have numerous survival supplies.

Whichever philosophy you choose you need to be sure you practice proper OPSEC procedures. You want to always keep your prepping to yourself. Don't go out of your way to announce that you are building supply caches. Friends can change during disaster situations and word of mouth can spread very quickly. If a disaster does occur you want to always try to practice proper stealth procedures. Keep your lighting to a minimum, cooking to a minimum, and especially generator usage to a minimum. The more attention and eyeballs watching your house the more trouble you may find yourself in once motivation reaches a certain level. So always remember that during a disaster situation you want to adopt a low key philosophy.

You need to pay extra attention to OPSEC rules and keeping a low profile during an urban disaster. Cooking, lighting, and removal of sanitation waste all need to be done securely. As your disaster timeline increases you will find that your neighbors become increasingly aggressive.\

OPSEC is your best friend especially if you are in an urban environment. IF you live in a high rise or apartment complex it will be very difficult for you to conduct prepper activities with your neighbors all around you. This is one downside to living in an environment of this nature. You will need to practice and hone your OPSEC techniques and give more consideration to how much attention you draw to yourself during a disaster. Due to the number of people in an urban environment this is extremely valuable and you should practice scenarios where you bug in and hold your ground. Avoiding attention in these scenarios is vital to your survival and extending your prepper timeline.

The 3 D's of Hunkering Down

A home that is properly secured and a family that has a proper plan should accomplish three objectives when encountering an unwanted visitor: Deter, Delay, and Defend. You can deter thieves by making the risk too great for the reward causing them to move on. Next, you want to delay entry into your house for as long as possible allowing you to set up your defenses and security measures. Finally, should the threat enter your home you need to be prepared to defend yourself and your family. If you have a plan to execute for these three scenarios you will greatly increase your odds of survival.

No Plan is Perfect

You can spend all the time in the world planning and creating different strategies for your family. But you need to realize that uncertainty plays a large part in disasters. Rational thought gets thrown out the window and many people begin to act very differently. Friends you thought you could rely on suddenly turn into threats. This is especially true when survival instincts begin to kick in after days without proper food and water. You need to try and brainstorm as many scenarios and situations as possible. Make sure you have a plan for each one. Different evacuation scenarios, natural disasters, man-made disasters, and protocol for each and every one.

You should also make sure you are actively practicing these scenarios. While it's nice to have a plan on paper you really need to practice each scenario to really feel how it plays out. Many people will stuff their evacuation bags with numerous supplies only to find out they can barely carry the bags a few miles. You should also test out all the equipment and other survival devices before a disaster occurs. You don't want to wait until a disaster occurs to decide to figure out how to use your generator.

Stores Cannot Be Relied On

Once a disaster occurs you need to have your own supply of food, water, and survival equipment. Stores will quickly sell out of supplies or they will be quickly looted. Trying to purchase last minute supplies can put you in harm's way. We will go into detail in the next few chapters how you can build a supply of everything you need to survive for an extended period of time.

Government Aid

Government aid is also a luxury that you shouldn't rely on. As we mentioned above, it can take the government weeks to provide aid to victims. In a full scale disaster, you need to be aware that the government may not be coming or providing any aid. When aid does show up, it may be rationed without enough food and water to supply your family. You need to learn how to provide food, shelter, and protection to you and your family. You need to become self-sufficient and rely only on yourself when a disaster does occur.

Cooking and Heating in an High Rise Or Apartment In an Urban Environment

Cooking and heating are going to be two of your main problems if you decide to hunker down in an urban environment. There simply isn't a lot of space and cooking and heating in your apartment will be quite difficult and very dangerous. There are slow and low burning fuel sources that you can utilize to help heat your food supply that you can purchase online. The problem that you may encounter is that long term survival will require large fuel sources. You may need to have access to a rooftop or patio to safely use these fuel sources. This can lead to unnecessary attention and can be problematic, especially if others figure out that you have a comprehensive food supply. Whatever your goals may be there are fuel sources online that can help you achieve your goal and we recommend you look into investing in these products.

Lights

Remember there are two schools of thought when it comes to lighting your house for security purposes during a disaster. The first is that you want a well-lit property with motion detection lights so you can see intruders. The second school of thought is that you want to avoid unwanted attention. Motion detection lights will allow you to spot intruders and easily identify threats. This helps you quickly identify threats and have a visible target if you need to take action.

Interior of Your Home

The interior of your house should always be organized and clean. Having a cluttered house will only make it frustrating and difficult to move around and find items.

Remember, if the power goes out it will be difficult to see and you could hurt yourself tripping over items. So make sure you make an effort to always keep your house uncluttered and that all your emergency items are in their proper space.

Blinds

When a disaster does strike you want to have a set of blinds on each window that will block light and activity. This is extremely important when the sun goes down as you need to keep light and attracting attention to a minimum. Having the blinds that shield the sunlight can also keep your house cool in the event that you lose power. Window frost is another tool you can use to block windows, especially smaller ones that may be difficult to cover.

Fire Hazards

Another aspect of securing your home that many preppers overlook is the fire hazard they create by barricading themselves in. Sealing doors and windows will make it difficult to escape should a fire break out in your home. Your risk of fire will increase during a disaster due to the loss of electricity and your need to use fire to cook. You need to make sure you have multiple ways to exit your house and each person in your family understands how to evacuate should a fire occur. Remember, for each entry point you secure you may be removing one exit from your home should a fire occur.

Having a Plan of Attack

Should a threat breach your exterior you need to have a plan of attack to deal with it. This is why funneling is extremely important when securing your home. Knowing which ways threats will enter your home will allow you to create and practice a game plan. You want to have multiple areas of attack, preferably at least one position that is elevated such as stairs or a balcony. You can create a defensive position with sandbags or other furniture. While it is ideal that the threat is eliminated or incapacitated before entering your home, you want to make sure that any threat is eliminated immediately once they breach your interior layer. The longer a threat remains in the interior of your home the lower the odds of your survival.

Urban Evacuation

While you always want to defend your home against any attacks, you also need to make sure you have an evacuation plan in the back of your mind. Certain threats may be too much for you to defend against. Having a solid evacuation plan that allows your family to escape undetected is essential if you want to increase your odds of survival. Remember that even the best plan needs to have an escape clause. What if threats set your house on fire? What are you going to do? You need to have plans for multiple scenarios. Evacuation plans are extremely important and you should always have proper bug out bags and procedures to leave your home should you make the decision to evacuate.

When it comes to evacuating you should always have multiple routes of escape. Many preppers make the mistake of choosing one route to their evacuation area. They assume highways will be in working condition and side roads will not be a threat. This is a huge problem and many people find that the most popular routes and roads will be blocked with numerous amounts of traffic. Even if you are the first person to reach the roads and begin to evacuate, odds are you will run into traffic down the line.

There is also a chance that the disaster has destroyed numerous infrastructure and highway systems. There is no guarantee that the road you are trying to escape on is even still in working condition. These are just a few reasons why you need to have multiple escape paths and routes when planning your evacuation.

This is even truer when it comes to urban survival. There are only a few roads you can take when evacuating in an urban environment. Try avoiding bottlenecks and choke points and instead try to look for roads that are less traveled. Even if you have to take a few minutes of a detour you will still be in much better shape than being stuck in traffic. Look at the condition of traffic during rush hour and as a rule of thumb avoid the roads that are congested. Also keep in mind roads near terrorist targets or highly populated areas as you would not want to make yourself a target to another attack just because you used one of these roads.

How to Prevent Theft

You should also make sure your home is secured if you decide to evacuate. A properly prepared home will limit break-ins and will also limit the amount of damage should your home be invaded by looters. Unfortunately, even the most barricaded home will eventually be invaded if thieves are motivated enough to force entry. In order to reduce the amount of items stolen and limit your damage you should follow these tips:

Hide Valuables in Dummy Items

Anything of high value should be hidden in dummy items during a disaster or in the event you need to evacuate. These dummy items look like normal household items and will not attract the attention of thieves.

Fake Floorboards and Walls

Fake floorboards and walls are also ways to consider hiding valuables, although they are a bit more expensive. Fake floorboards and walls are also great ways to hide your food supplies if you feel like you are at risk of robbery for your food and water.

Diversion Safes

Many robberies will last only a few minutes as the thieves try to get in, grab as many items as possible and get out. Many thieves will actually leave immediately once they think they have items of value. You can trick them into believing they made a large score with a diversion safe. Thieves will quickly grab the safe and exit your house thinking they just hit the jackpot. This reduces the amount of items that will be stolen and also puts your family out of danger.

Thieves Go For the Master Bedroom First

The first place that thieves head to during a break-in is the master bedroom. Most people will have large amounts of cash, jewelry, and other valuables in the room that they sleep in. Try to avoid storing your valuables in your master bedroom. The least likely room to be searched is your children's room. So if you are going to store valuables you may think about putting them somewhere in this room to avoid theft.

Your Safe Room

Your safe room should be your place of refuge during the peak of your disaster. This room should be the most structurally secure area in your home and should be equipped with 48 hours of survival supplies.

The Problem with Safe Rooms

Safe rooms have grown in popularity over the past few years and many wealthy individuals have equipped their homes with safe rooms. These rooms offer safety and security until a police force or medical help can arrive. Unfortunately, the main problem with safe rooms is that they rely on outside help. In a disaster, police forces and medical attention may not come or you may not have a way to contact them. If specific threats do breach your home they can usually wait until you run out of safe room supplies or they can force entry into your safe room. Thus safe rooms should be used only as a last resort.

On the other hand, for natural disasters, safe rooms are a necessity. Having a safe and secure room to ride out a disaster will dramatically increase your odds of survival. A room that is structurally secure and has the necessary supplies to help your survival should be in every home.

Creating a Safe Room In an Urban Environment

During the height of a disaster or if your house is under siege, you will want to move your family and loved ones into a safe room. A safe room is designed to offer you maximum protection and safety for a limited amount of time. This room should be in the interior of your home, have no windows, be surrounded by support walls, should be anchored to the concrete foundation, and should be in a discreet location. Many preppers choose to invest in fake bookshelves or hidden doors to protect their safe rooms. This is expensive but it is something you may consider.

Items in Your Safe Room

Your safe room should have all the items and equipment that you will need for a short term survival period. Remember the goal of your safe room is protection during the height of a storm, disaster, or shelter until threats leave your home. Have your safe room items either already stored in your safe room or in a location you can easily grab them and go. Disasters can happen in a split second and wasting time finding your supplies can be very costly. Your safe room should be equipped with the following:

- Emergency First Aid Kits
- Spare keys to your house
- Air horn
- Battery powered fan
- Hand and foot warmers
- Medications
- Blankets
- Respirators
- N95 masks
- Plastic sheets
- Duct tape
- Defensive weapon
- Land-line phone- land-line phones will work for a short period even if power is out
- Cell phone
- Portable toilet
- Toilet paper
- 72 hour food supply- we will go into this in more detail in the food chapter
- Snacks and energy bars
- Few gallons of water
- Defensive weapons
- Dual powered radios
- Smoke detector
- Carbon monoxide detector
- Entertainment for kids
- NOAA radio
- HAM radio
- 2 way radios or walkie talkies

Sanitation Problems in an Urban Environment

Living with numerous people in an urban environment is a sanitation nightmare. Just take a look at Katrina and all the sanitation issues that they had after the hurricane. Sewers quickly overflow and there are numerous health risks that quickly become apparent. Disease and bacteria quickly spread and feast on those with low immune systems due to a lack of nutrition.

Understanding and following sanitation rules and guidelines is essential to avoiding getting sick. We have a section in this magazine that deals with sanitation rules and

what you need to make sure you dispose of waste properly. Failure to dispose of waste can quickly cause problems and you might find your food supply contaminated. Following sanitation guidelines is essential if you want to increase your survival timeline.

Food and Water Storage In an Urban Environment

The advice we are going to offer you in this book has been collected by interviewing and working with several preppers. These are all preppers that are ready for numerous disasters ranging from natural to human-made disasters. While we want you to be successful as possible in your food storage prepping, we are going to take a look at the top 10 mistakes preppers make. By understanding these flaws you can avoid these pitfalls thus you will be that much more successful. So let's take a look at the top 10 mistakes preppers make when starting their food supply.

During disasters in urban environments infrastructure quickly deteriorates. Many buildings have their own back- up power source but that can only last a few days. Cell phone networks and internet connections are notorious for crashing during disasters as people attempt to communicate with their loved ones. Since generators and apartments and high rises don't mix, you are going to need to find other ways to survive without infrastructure.

Having an extensive food supply is a necessity in an urban environment especially since the odds of your survival drop dramatically once you need to start foraging for new food. Make sure you have enough food and water to survive during an extended period of time. You will need to get creative with the ways you store your food and water since you are most likely limited by space.

Make Sure To Actually Use Your Storage

The first mistake that we're going to discuss is the failure to actually cook and use your food storage in everyday life. Many preppers make the mistake of stockpiling the necessary items only to keep them locked in storage. They feel that they have checked off the box for food storage and they can move on to the next area of prepping. This is a big mistake and can lead to issues if a disaster does occur.

Cooking Prepper Meals is Another Skill

You need to make sure you have food that doesn't need power or at least a small amount of heat to cook and prepare. Make sure you plan to live without power for long periods of time. This means you need to have supplies to deal without power. Make sure you take into account lightings, heating, and cooling supplies for your environment.

Cooking with dehydrated and freeze dried items is much different than cooking with fresh items. It can be challenging, and creating meals that taste well can be quite difficult if you are inexperienced. We highly recommend that you purchase a prepper cookbook or search online for meals that you can practice cooking with. Just like regular meals, you need to practice cooking your prepper meals. Try to cook one prepper meal each week so you can practice and hone your skills.

Taste

Many prepper food items taste significantly different than their fresh counterparts. Some taste exactly the same. But you should always test each meal and see how your family reacts. Once a disaster does occur you don't want to shock your family with meals that are not pleasant to your taste buds. This is why we recommend you start slow and plan your prepper food storage. Purchase more of the meals that your family enjoys while removing the meals that are unpleasant. Just because you are stocking up for a disaster doesn't mean you can't enjoy the meals you cook. Keep in mind, some prepper food items are going to taste bland and lack flavor, but due to nutritional information they might need to be kept around.

Mistakes

Many ingredients are also difficult to cook with. These ingredients can be difficult to mix and match or you may find that they apply to only a few meals. You should always try to keep staple food items in your food storage. These are items that can be used in multiple meals and ingredients that you feel comfortable cooking with. Remove any items that you have difficulty cooking with or can only use in a few meals. Instead stock up on staple items and make sure you have enough to cover your prepping goals. All of these issues can be avoided by simply using your stockpile and incorporating your food supply into your weekly meals.

Proper Containers

Another common mistake we run across is using wrong or no containers for storing food. The box, bag, or container that your food comes in is not acceptable storage unless it specifically comes in a container that is storage ready. Many people will spend hundreds of dollars on food items only to improperly store them. When a disaster does occur they quickly find that their food supply is useless as the food has spoiled or insects have made their way into the supply. This is a huge waste of money and can dramatically lower your odds of survival.

Stacking Your Food Items

Another common mistake that we see with inexperienced preppers is a failure to properly stack and secure their food supply. We understand that it may be difficult to find space to store all your survival food but please make sure your food is properly secured. There are numerous cases of earthquakes, tornadoes, and hurricanes shaking prepper's homes and knocking down shelves of storage food. This can break mason jars, rip bags, and knock the top off cans and jars. Please make sure you secure your food supply and use the proper containers that are built to withstand a bit of damage. Nothing is more disheartening than surviving a disaster only to realize you have lost your entire food supply.

Diversification and Balance

Failure to properly diversify and balance your food stockpile is another common mistake we see with new preppers. They will stockpile certain ingredients such as wheat, dehydrated items, or freeze dried items. The problem with buying these items in bulk without thinking about the meals you are going to cook is that most of the time you will be left with an abundance of one item and shortage of another. This is why we recommend you start slow and test before scaling up. This will give you a sense of which items you need and how much of each item you require. Just making large purchases of one item at a time will lead to unnecessary amount of certain items being purchased. This can take up vital space in your food storage areas and cost you unnecessary amounts of money.

The Importance of Quick Meals

Many preppers will stockpile numerous amounts of ingredients and create a large food supply only to realize that almost all of their meals require a lot of cooking. When you are trying to survive a disaster cooking can take up precious time. Never underestimate the power of MREs or items that can be quickly consumed without any preparation. After a long day of work, a quick meal can be vital to your success. Small meals that are easy to prepare are also essential for a bug-out situation. We want you to have your own bug-out-bag with meals already prepared. Having these items on hand can allow you to bring these quick meals with you if you have the time and space to carry them.

Sweets and Other Morale Boosting Foods

Other areas that some preppers neglect to stockpile are sweets and physiological foods. Many preppers will focus on stockpiling only foods that are highly nutritional. This is important and you should always look for foods that are nutrient rich and provide energy. But the importance of small candies, sugar foods, and other comfort foods should not be ignored. Many prepping foods do not taste very good and are designed to ensure your survival. This can lower morale especially if you have small children. Small candies and morale boosting foods that are easy to preserve should always be included in your food supply. These can bring comfort to both children and adults no matter how difficult the situation you are in.

Creating a Supply Of Vitamins

We are always going to recommend you pay close attention to the nutritional values of all the foods that you stockpile. You need to make sure that you and your family are receiving enough nutrients to fight off disease and remain healthy. Sometimes, especially when your food supply is dwindling and you need to start rationing, you will be susceptible to vitamin depletion. This is why we highly recommend that you invest in vitamins in addition to the other items in your food supply. Having vitamins available will allow peace of mind that your family is receiving their proper nutrients even if your food supply is dwindling.

Variety

Variety is essential for long term survival. Eating the same meals day in and day out can become unbearable. The last mistake we are going to discuss is making sure you diversify and add variety to your food storage supply. Most disasters will last for only a few days or weeks but that doesn't mean you shouldn't prepare for large scale disasters. Large scale disasters can last months and you need to make sure you have enough food and that your food has enough variety to last. Don't get stuck repeating the same meals day in and day out. This is just another reason we want you to rotate your food supply into everyday cooking. This will allow you to expand and practice new meals which ensure that you are adding variety to your food supply.

Growing Your Own Food In an Urban Environment

Just because you live in a city doesn't mean you can't take advantage of your own garden. One misconception that preppers make is that an apartment or high rise limits them from homesteading and growing their own food. This is not the case and many urban preppers have crafted large gardens even though they lack space. While you may not be able live off your garden entirely, a small container garden can help supplement your food supply and save you money at the same time. Learning how to grow your own food supply is a great skill to cultivate and can be used in numerous different scenarios. Quickly moving to a small container gardening and expanding to a rooftop garden should your disaster timeline be prolonged is also another option. Having the skill and knowledge to grow your own food is just another arrow in your quiver and living in an urban environment is not an excuse to learn these skills. So let's take a look at what you need and what you need to know to grow your own urban garden.

While it's ideal to have a space set aside for your garden, many preppers who live in a small studio do not have this luxury. There are many options, such as container and vertical gardening which are designed to maximize both space and produce. Ideally you would want at least a balcony to grow your garden in natural sunlight. If you don't have access to direct sunlight on a garden then a hydroponic system with lights could be an option. There are numerous easy- to- set- up hydroponic systems that are both inexpensive and very powerful.

Container Gardening

If you do have space on a balcony or window sill you can look into container gardening. Small containers such as food buckets can be used to plant and grow your food. There are also numerous container gardening systems that are premade for you as well. We do recommend trying to grow a few plants in home- made containers just in case you have to work with what you have during a disaster. Remember, there might not be an Amazon.com around to ship your containers. Container gardening is very simple and straightforward and would be recommended to all beginners as long as you have the space and sunlight.

Vertical Gardening

Vertical gardening is when you grow your produce upwards instead of outwards. This allows you to save space and create a large garden by forcing your plants to grow on trellises. These gardens are ideal for balconies and other spaces that have vertical but not horizontal space. Not only is harvesting these plants much easier but pests are also easier to handle. Vertical gardening does take a bit more skill and maintenance than container gardening but there are numerous types of produce and plants that you can grow with limited space. Don't underestimate how much you can grow with vertical gardens as there are some preppers who have very large gardens in a tight space.

Hydroponics

A hydroponic garden will be the most complicated form of gardening that we discuss. With that being said, with a little practice it really isn't that difficult. There are numerous hydroponic systems that come pre-made with everything you need to grow your indoor garden. Hydroponic systems are ideal if you either lack sunlight or the space to grow the garden we mentioned above. It is worth noting that you should get approval from your building before starting a hydroponic garden. The most difficult part of hydroponic gardening is making sure you have all the right supplies and lights that are ideal for your garden. Thus we recommend purchasing a pre-made system until you get the hang of hydroponic gardening. After a few successful harvests, you can look to upgrade your system and lights and look to create a customizable system.

How to Store Your Food Supply

Properly storing your food supply in the correct containers is essential if you are going to avoid food spoilage. Knowing which container to use for certain foods is a huge part of understanding and implementing proper food storage. Remember nothing is worse than a disaster occurring and you realizing your food supply has been contaminated. Lucky for you, there are numerous different food storage containers on the market that will help you preserve your food supply for long periods of time. Let's take a look at the following food storage containers you can use:

Vacuum Sealed Bags

A vacuum sealer and vacuum sealed bags are essential ingredients for long term food storage. Vacuum sealed bags are not only extremely versatile, but they can preserve food for a great deal of time. We highly recommend you invest in a top-notch vacuum sealer and Mylar bags.

Mylar vs Regular Plastic Bags

The first step in the vacuum sealing process is to purchase Mylar bags and oxygen absorbers. Do not use the clear plastic bags that come with your vacuum sealer. Not only are these clear plastic bags very thin but they also allow light to permeate the surface. Mylar bags are thick and last much longer than their clear counterparts. Oxygen absorbers are also essential to add to your Mylar bags to avoid oxygenation and preserve the food for longer periods of time. Numerous different types of foods can be preserved with Mylar bags and a vacuum sealer. This process may be slow at first, but with a little practice it gets easier.

Food Grade Buckets

Food grade buckets offer you the option to store large amounts of food. Food grade buckets are not only very easy to stack but are extremely versatile. We recommend that you store all of your Mylar bags in food grade buckets as this is a powerful one-two combination. Food grade buckets are great for stacking, avoiding the enemies of food storage, and can be used for numerous other activities as well.

Gamma Lids vs Regular Lids

You have two options to seal your buckets: Gamma lids and regular food storage lids. Gamma lids will keep your buckets air tight, which is essential for foods that can spoil from contact with air. Regular covers will work well with foods that are already packaged and you just want the versatility of the bucket for storage. When in doubt, go with a Gamma lid.

#10 Cans

#10 cans are the aluminum cans that can store anything from beans to freeze-dried foods. You can purchase these cans and add them to your food supply. These cans are smaller than a five gallon food bucket which makes them essential for storing in smaller areas. The downside to #10 cans is they can be difficult to purchase in bulk unless you live near a cannery or a Mormon Church.

Mason Jars

Mason jars are another great food storage item that you should take advantage of. Vacuum sealers are available for mason jars and it's quite easy to learn how to store and vacuum seal these jars. Mason jars are smaller than the other food storage items that we mentioned above which makes them great to store in small, inconspicuous locations. Make sure your mason jars are safely secured as they are made of glass and can be quite fragile.

Pouches, Bags, and Other Storage Items

There are numerous other food storage items such as resealable bags, pouches, and containers that you can use to build your food storage supply. Many times, pre-packaged survival meals and supplies will come with their own pouch or bag. When using these pre-made items make sure that you read the instructions carefully. Some will need oxygen absorbers and you will need to reseal them with a vacuum sealer once they are opened. Take the 10 minutes to read and understand the instructions or you may waste a whole bag of survival food.

List of Foods You Should Stockpile

The following is the list you should consider when starting your food supply. Remember it all starts with a plan so make sure you are recording your meals. This list is comprised of foods and items that quickly disappear once a disaster strikes. These are high demand foods and having a ready stockpile with these items dramatically increases your odds for survival should a disaster occur.

Water Is Still #1

You always need to make sure you have the proper amount of water available to you at all times. These items are very important but please do not overlook your water supply. Many preppers underestimate the amount of water they need to survive for an extended time frame. We will cover your water supply and how to properly store water later on in this book but you should always remember that water is number one.

Appetite Fatigue and How To Fight It

Before we start listing foods that you should be stockpiling, we want to cover appetite fatigue. Appetite fatigue refers to the issues with eating similar meals day in and day out. This phenomenon happens mostly with people in the military who are eating similar MREs every day. Often times they will lose their appetite and have to force food into their bodies. This can lead to a lack of proper nutrition, lack of judgment, and symptoms of hunger. Let's take a look at different ways you can combat appetite fatigue.

Comfort foods

We mentioned earlier the importance of having a few comfort foods in your stockpile. While these foods may not be the healthiest or provide the most nutritional value they will provide you with a psychological boost. Sugars or sweet tasting foods combined with nutritional survival foods can help you avoid appetite fatigue.

Spices

Many foods, especially freeze-dried and dehydrated, lack flavor. Spices are a great way to add some flavor to these meals. Spices are very easy to store and certain spices have medicinal use in addition to helping you fight off appetite fatigue. We highly recommend you spend some time and add your favorite spices to your food supply.

Canned Liquids

You can kill two birds with one stone with canned liquids. Not only will these foods provide you with vital re-hydration, but they will also provide you with essential nutrients. We recommend you focus your attention on coconut milk, evaporated milk, pineapple juice, and condensed milk. You can also use a variety of these liquids to help cook or add flavor to your meals.

Dehydrated and Canned Meats

Meats will provide you with the necessary protein and energy you need to survive. Protein is essential when you are trying to survive a disaster, and failure to have a proper supply of meat can lower your odds of survival dramatically. We recommend purchasing jerky, tuna, and other sources of dehydrated and canned meats. Easy-to-store meats not only taste pleasant, but can literally be a life saver.

Coffee and Tea

Two items that many preppers leave off their list of items to stockpile are coffee and tea. Coffee and teas are very inexpensive and can be combined with water to make a tasty drink. Not only will they rehydrate you but the caffeine will provide you with a boost of energy. This is essential if you are working the night shift or you have the night watch in a disaster situation. Due to a lack of proper nutrients many people will feel exhausted when trying to survive a disaster. A quick caffeine boost will allow you to get the work done you need to survive.

Protein Bars

We mentioned above the importance of protein during a disaster situations. Not only are protein bars a great source of energy and protein, but they require no preparation at all. They are easy to pack and are essential if you're going to explore and need to leave home base. Many protein bars are also full of sugars which make them a great comfort food. Protein bars are also relatively inexpensive and you can purchase them in bulk. They are also extremely easy to store and have a very long shelf life.

Whole Wheat Flour

Whole wheat flour is essential for making numerous different food items. Whole wheat flour has more nutrients than its white wheat counterpart which is why we recommend it. It can be purchased in bulk quantities, but make sure you test it before you purchase large quantities. The difference between white and wheat flour can make certain meals taste different. But whole wheat flour is essential to any prepper's food storage stockpile.

Corn

Your food supply should have an abundance of corn. Not only is corn easy to store it's also very inexpensive. You should have large amounts of corn as a grain and also corn that has been canned or either dehydrated or freeze dried. This allows you a bit of variety when you are planning out your food storage.

Sugar

Sugar is another item that can be purchased in bulk and is essential in fighting off appetite fatigue. Sugar has a long shelf life and is very easy to store. There are numerous cooking uses for sugar and it's very inexpensive.

Honey

Honey is another comfort food item that can be used when making numerous types of meals. Organic honey is also very nutritional and has the ability to spike your blood sugar which will give you a boost of energy. This is one reason that honey is popular as an additive to your prepper breakfast. Honey is also very easy to store and has a long shelf life.

Pre-Packaged Foods

There are also numerous prepackaged foods that have a long shelf life. These meals are perfect as they can quickly be prepared by anyone in your family. These meals are also considered comfort foods as they can trigger memories of life before a disaster. Examples include ramen and mac and cheese.

Vinegar

Vinegar is also essential in numerous cooking activities as well as medicinal purposes. Vinegar is a natural anti-septic which can be used to treat wounds and disinfect surfaces. One problem that many preppers face is disease and sickness. When you are running on a caloric deficit, your immune system will not be as strong. You need to pay extra attention to disinfecting surfaces and making sure your family is safe from germs and bacteria.

Drink Mixes

Prepackaged Gatorade, Kool-Aid, hot cocoa, and tea are all a great way to add flavor to your water. These are once again essential for your survival and are great for restoring comfort. These drink mixes are also vital if you need to drink filtered water which may have an unpleasant taste. These drink mixes can mask the taste and allow you to get the hydration you and your family need.

Dehydrated Eggs

Eggs are a great source of protein and are highly recommended to be included in your food supply. Eggs can be used in a variety of different meals and are quite versatile. They are also healthy sources of protein and fats.

Canned Meals

Canned meals such as chili, soups, and stews are also to be included in your food supply. These cans are very easy to store and stockpile and have a very long shelf life. They are also very easy to prepare and require very little effort. Canned meals are also vital if you are on the move and decide to bug-out and evacuate from your home.

Waxing Cheese

Waxing cheese can be difficult to find but having cheese in your food supply should be something that you strive for. Waxing cheese is regular cheese that is covered by a layer of wax. This prevents mold from growing on the cheese and extends its shelf life.

Sauce Sauce Sauce

Another great way to quickly add flavor or mask bland tasting foods is with different sauces. Numerous different types of tomato or other sauces can add variety to any meal. Sauces are extremely easy to store and we highly recommend that you stockpile your favorite ones.

Rice

Rice is extremely cheap and can provide your family nutrients to survive. Rice is extremely versatile and can be used in numerous meals. Rice is also a great side dish or compliment to a main course. Easy to prepare and eat, rice can be cooked quickly either in your home or on the road. These are just a few reasons why rice is a prepper's best friend.

Canned Vegetables and Fruit

We also highly recommend you stock up on canned vegetables and fruit. This should be a no-brainer and you should always have an excess supply of these two. Once again, cans are extremely versatile and should be used in numerous disaster situations. Look to purchase these items in bulk or save coupons and you can find some great discounts if you pay close attention to local sales.

Cornmeal and Oats

Cornmeal and oats are also valuable sources of protein. They are also quite versatile and numerous meals can be cooked and created by using these two. They have long shelf lives and can be purchased in bulk. Make them a priority if you're going to start your prepper food supply.

Peanut Butter

Peanut butter is another great food that you should keep in your food cache. Not only does peanut butter taste great, but it's very high in nutrition. Peanut butter will give you the energy you need to tackle the day and make sure that you survive. We highly recommend eating peanut butter as a morning snack and throughout the day when you feel hungry or tired.

Jams and jellies are another source of sugar that can add variety and flavor to your meals. You can purchase jams in small containers usually from restaurant supply stores. These small packages have a long shelf life and can be easily stored away.

Cooking Oils

Always remember to keep a stock of cooking oils. Many preppers will spend all their time stocking up on food items but forget cooking oils. Coconut oil has a shelf life of around 2 years and should be used instead of olive oil. Creamery butter can also be used and can last for 2-3 years.

Canned and Dehydrated Fish

Tuna is a great source of protein and has a very long shelf life. Be careful with how many cans of tuna you consume as tuna is a high source of mercury. Make sure you spread out the amount of tuna over a period of days and you will be fine.

Potato Flour

If you have gluten allergies or you have family members that have a gluten intolerance you should add potato flour to your food stockpile. You can make numerous foods with potato flour and it can be a great replacement for regular flour. We highly recommend that you stock up on potato flour in addition to your flour supply.

Crackers

Crackers are another item that have a long shelf life and can provide you with numerous options for meals. While they have little nutritional benefits you can add them to most meals. Spreading jams or peanut butter on crackers can be a great way to make a quick meal. You can purchase some brands of crackers in #10 cans which significantly extends their shelf-life.

Pasta

Since pasta has little to no moisture or fat content it has a very long shelf life. Pasta is also extremely versatile and can be used in numerous survival situations. Pasta is also very inexpensive and most supermarkets and grocery stores will always have deals on boxes of pasta.

Beans

Beans produce an amazing amount of calories per pound and should be a staple item in your food supply. Beans will provide you with the necessary energy to survive. They also are a great source of fiber which is extremely important especially when you are not on a regular diet. We recommend stocking up on all types of beans and making sure you have a wide variety at your disposal.

Dried Fruits

Dried foods are full of nutrients and can also be consumed on the go. Raisins and other dried fruits are essential for survival. Remember that there is a difference between dried and dehydrated so you need to make sure that you're rotating your dried fruits. They will not have the same shelf life as your other dehydrated or freeze-dried foods.

Iodized Salt

Salt is another essential item that you should include in your prepper pantry. If you look back in history you will find that salt was a huge commodity. Well, in a survival situation salt's value skyrockets. You want to make sure you have enough to survive the duration of the disaster. Salt can provide valuable nutrients that your body needs to remain healthy, kill bacteria, treat wounds, and also preserve food. We highly recommend you make a bulk purchase of salt and make sure you have enough in your prepper pantry.

Nuts

Another great source of protein are nuts. Nuts are quick, easy, and can be used as great travel food. They are a great source of numerous nutrients and we highly recommend that you have nuts on hand. Easy to eat, they are also considered a comfort food that can be used in numerous other meals.

Herbs and Spices

We mentioned in the beginning of this chapter the importance of avoiding appetite fatigue. The best way to avoid this problem is by using herbs and spices to add flavor to your food. Herbs and spices have a long shelf life and can be very easy to store. We recommend you look into red pepper, dill, cumin, rosemary, and saffron.

Vodka

Vodka has numerous uses and is quite versatile. Besides drinking vodka, you can cook with vodka and also use vodka for medicinal purposes. Many people also forget the importance of bartering in a survival situation. Vodka will be a top barter item and can command quite a price. Vodka is a great disinfectant and can be used to treat numerous wounds and sores.

Baking Soda and Baking Powder

Don't forget to add baking soda and baking powder to your prepper stockpile. Both are essential for cooking and allowing your baked goods to rise. Both baking soda and baking powder are essential for cooking and should be a staple item in your survival cache.

Yeast

Yeast is another ingredient that is essential for cooking in a survival situation. The problem with yeast is that it has a very short shelf life of only a few months. With that being said, you need to focus and rotate out your yeast on a continual basis.

Chocolate

Chocolate should be included in your prepper supply cache for numerous reasons. First, it's a comfort food that is full of anti-oxidants. Chocolate can supply you with a quick energy boost and it also helps fight off hunger. Chocolate should be rotated with your standard weekly meals.

Condiments

Condiments are easy to store and essential to help fight off food fatigue. Most condiments have a long shelf life and can be purchased in bulk at most restaurant supply stores. We highly recommend looking into condiments and adding them to your food supply.

In-Depth Look at Your Food Supply

Purchasing and stockpiling food supplies in the event of a disaster is a tactic that everyone should adhere to. Having a backup supply of food is critical in any disaster and will dramatically increase your odds of survival. When a disaster occurs, your local grocery stores will immediately run out of food supplies or food will quickly be looted and stolen. If there is a power outage, common everyday foods that need to be kept cool will quickly disappear. Without a proper food supply, you will find yourself venturing from your safe house looking for food resources. Leaving your safe house to seek food puts you in danger and also exposes your house to looters. If you begin to run on a caloric deficit your energy level will slow and your decision making will also become cloudy. Government aid and supplies should also not be counted on and can leave you waiting weeks for food. These supplies could also be rationed off only leaving you with the bare minimum food and water intake. In this chapter we will discuss ways to properly store, choose, and create your food stockpiles.

Food Storage Spoil Factors

Maintaining the quality and preserving your food source should be your top priority when it comes to creating a food supply. Nothing is more dangerous than a disaster occurring and realizing that your food supply has been contaminated. In order to keep your food preserved you should avoid the following:

Heat

Heat will dramatically decrease the shelf life of your food supply. Your food should be in a cool area, that is preferably climate controlled. A small air conditioning unit might be a wise investment if you are building a large food supply room.

Air

Exposure to air can also dramatically reduce the shelf life of your food supply. You need to make sure that you are familiar with vacuum sealing if you are going to properly store your food. Investing in oxygen absorbers will also allow you to remove any oxygen that could contaminate your food supply.

Light

Light is another enemy of your food supply. Light will not only decrease the shelf-life of your food, but it will also increase the heat in your room. Make sure your food is kept in a dark location.

Humidity and Moisture

Moisture and humidity are also known to decrease the shelf-life of your food supply. Make sure your food is kept in a cool and dry place. Look to invest in a dehumidifier and moisture control apparatus.

Expiration Dates

Even though you are saving up food for your emergency supply, you need to make sure you rotate. Many types of food have expiration dates that you need to be aware of. Rotating your food is the best technique to solve this problem. Your food storage supply should be used and eaten to avoid food hitting the expiration mark.

Pests

There are many different types of household pests that can chew through and contaminate your food supply. You need to actively monitor your food supply for any pest development and take the proper steps to fix the issue should it arise.

Where Do You Store Your Food

The first thought that may come to mind when looking at our food lists is: Where am I going to keep all this food? This is a great point especially if you are having trouble finding space for your regular food supply. Many of these items can be hidden in different rooms or areas and we actually recommend that you have multiple food supply sources. You want to have one large food area that is in the recommend climate, but you can store other foods that have longer shelf lives in different rooms. Spreading out your food supply rooms diversifies risk and increases your odds of survival.

What Do You Store Your Food In

When you are storing your food it's important to make sure that the food is in the proper containers. Having your food in proper containers will dramatically increase its shelf life. We recommend that you begin investing in mason jars, food grade buckets, and gamma seal lids. Be cautious of home improvement buckets as they are not the same as food grade buckets. Mylar bags are also a great way to keep your food preserved and easy to store. Mason jars can be vacuum pressurized and gamma seal lids will keep your food sealed shut. #10 metal cans are also a great way to store your food.

Start Small

If you are new to prepping and food storage this may seem a bit overwhelming. The best advice we can give you is to start small. Building a proper food supply for you and your family can take months to properly build. We recommend that you start small and simply start buying a few extra items at the grocery store and adding them to your food supply each week. Picking a few items to double up on each week will slowly build your food supply source and won't break your budget at the same time.

Rotate Rotate Rotate

Many people think that your food supply is for emergency only and should not be touched. This is a big mistake and can lead to food being wasted due to expiration dates. Your food supply should not be avoided instead it should be rotated. This means you are constantly using your food supply each and every day. Just be sure that once you use one item you purchase a new one and “rotate” the new item to the back of the line. This will allow you to use the foods that near expiration and keep fresher food and supplies ready in case of an emergency.

Test, Test, Test

Many survival food kits are purchased in large bulk orders to save money. This can lead to purchasing food items that are not the quality or taste that you desire. Dehydrated and frozen food ingredients can also taste quite different than their fresh counterparts. You should always test out and purchase small amounts of food supplies before making the jump with large purchases. Try out different recipes and food items until you have narrowed down your list to items your whole family enjoys. Purchase a small solar heater and practice with your family cooking items in the back yard. This is a great learning and bonding opportunity for your family. Most of the food items we have listed are available in a variety pack or small starter kits.

Freeze Dried Vs Dehydrated

When creating your food supply you're going to have two different options available to you in regards to preserved food. We recommend that you try both and keep both freeze dried and dehydrated foods in your supply. Both have their pros and cons but you should always try each type of food before making a bulk purchase.

Freeze Dried Food

Freeze dried foods are generally more expensive than dehydrated foods. Freeze dried foods will allow you more variety in your options with such favorites as ice cream sandwiches. Freeze dried foods also are very fragile and have a tendency to crumble. Freeze dried foods will last for 10+ years and most of the foods are tasty and quite enjoyable. Freeze dried foods are not as nutritious as their counterpart. Freeze dried foods may lose additional nutrition when they are cooked.

Examples of Freeze Dried Foods:

raspberries
mandarin oranges
pineapples
corn
red peppers
green peppers
mushrooms

Dehydrated Foods

Dehydrated foods are usually cheaper and easier to store compared to freeze dried foods. You have a variety of options when it comes to dehydrated foods that will allow you to cook different meals. Some dehydrated foods may lack some taste or may have a different taste than you were expecting.

Examples of Dehydrated Foods:

potatoes
onions
carrots
sweet potatoes
bananas
hash browns
green onions

Recommended Dehydrated Dairy:

freeze dried cheese
milk
butter
eggs

What Should You Stockpile

Creating your food supply can be overwhelming and we urge you to start small. Start tracking your family's eating habits and how much food you consume during a week. Take notes on your family's favorite meals and see if you can replicate them in a survival situation. Easy meals that can be cooked during a survival situation include:

- skillet meals
- casseroles
- chili
- stews
- soups

You would be surprised at the number of dishes you can make with survival food. Recipes that are high in canned foods, herb and spices, grains, rice, beans, dehydrated dairy, flour, sugar, and different sauces can all be made from your survival supply. Unfortunately, recipes that include sour cream, cream cheese, large amounts of dairy, certain vegetables, and high protein sources may be difficult to store and create. Like we mentioned above, see if you can copy your family's current recipes and create them with preserved foods.

What to Consider

When creating your basic food stockpile you should always keep a few factors in mind. You want to make sure that you have a balanced collection of large meals that take time to prepare and smaller meals that can be prepared with little preparation. You want to also take into account your storage area and the amount of space you have available. Large items such as rice and grains will take up a lot of space while cans and mason jars can be easily stacked to save space. You want to also make sure you are aware of the nutritional value of all your supplies. Having a food supply high in nutrition will ensure your health during survival periods. Also keep in mind the shelf life of the food you are purchasing and make sure you are properly rotating your food in order to avoid expiration. Lastly, your food supply should be full of items that quickly run out within the first 48hrs during a disaster situation.

Looking at Disaster History

Taking a look back at prior disasters allows us to create a basic food supply plan. By analyzing the food items that sell out quickly during disaster situations, you can better prepare your food supply. When a disaster occurs these foods are gone from most stores within 24-48hrs and should be included in your food supply:

- flour
- baking powder and baking soda
- sugar
- crackers
- honey
- spices
- dried fruits
- pickles
- nuts
- sports drinks
- olive oil
- whole grains
- cereal
- jerky
- popcorn
- salt
- pet foods
- canned fruits
- soups
- rice
- pasta
- beans
- tomatoes
- canned vegetables
- canned meats
- tuna
- water
- protein drinks
- alcohol
- candy
- peanut butter
- tea
- salsa
- Ramen noodles
- baby supplies

Recommended Freeze Dried and Dehydrated Items:

- carrots

jalapenos
bananas
hash browns
onions
potatoes
raspberries
oranges
corn
peppers
mushrooms
milk
butter
eggs
cheese
shortening powder
cheese
sour cream
grapes

Sauces, Herbs, Spices

pepper
ginger
mustard powder
curry
cinnamon
chili powder
Cayenne pepper
allspice
diced garlic
onion flakes
table salt
Montreal steak sauce seasoning
thyme
tarragon
sage
rosemary
oregano
parsley
mint
dill
chives
bay leaves
basil
ranch dressing
barbecue sauce
mustard
ketchup
a1

Worcester
Tabasco
soy sauce

Basic Starter Kit

Creating different recipes and trying to replicate your meals can be a time consuming and lengthy process just stocking up on the food your family wants. If you are starting and just want the basics we recommend you start here:

- 2-4 containers of whey protein
- 1 gallon of olive oil
- 1 bag of oats
- 1 bag of salt
- 1 bag of sugar
- 1 bag of flour
- 2-4 large containers of sport drink mix
- ample amounts of Gatorade or other sports drinks
- 2 large jars of peanut butter
- 20 cans of meat (chicken, tuna, etc)
- 20 cans of veggies
- 20 cans of fruit
- 15-20lbs of beans
- 10-20lbs of rice.

This should get you started at which point you can begin to rotate and add in ingredients and other foods once you begin to test them out and see what recipes your family likes.

No cooking No Problem

Foods that require little or no cooking are great for any disaster situation. Make sure you stock up on:

Breakfast bars
just add water or instant coffee
pudding cups
crackers
cookies
tuna cans
candy
rice cakes
applesauce
canned fruits
jerky
peanut butter
cocoa mix
sports drink mix
protein powder
canned pasta
v8 juice
almonds
energy bars
MREs

Basics You Should Consider Learning

You can improve the quality of your own food supply by learning a few preserving techniques. Learning how to jar different items is essential and will allow you to store your favorite recipes. Learning how to bake your own bread will also add variety to your food supply. Learn dehydrating basics and learn how to create and add them to your food supply.

Water In an Urban Environment

During a disaster you also need to have an abundance of water. You cannot rely on your local store for water during a disaster. Water is usually the first item that is sold out during a disaster as most people only have a 48-72 hour supply of water. You need to take precautions and make sure that your family has a supply of water and how to find other sources of water should you run out. This chapter will be dedicated to helping you create your water supply and we will also be discussing ways to find, filter, and purify other sources of water.

Creating Your Water Supply

Just like your food supply, it is essential that you begin stocking up on your water supply. FEMA recommends 2-3 weeks of water supply for your family. As you might have guessed, we recommend you prepare for a longer time line. As a rule of thumb, each member of your family should be allotted two gallons of water a day: one gallon for drinking and another for cleaning, sanitation, and other uses. So take the number of your family members and multiply by two and then multiply by the number of days you want to survive and that should be your goal number.

Where Do I Store All This Water?

When it comes to storing water, we recommend using a bit of creativity. This allows you to maximize your water storage and make sure that you have room for all the water your family needs.

Small Bottles, Easily Portable Water

You can put these water bottles in any location that is not exposed to sunlight. This includes closets, cabinets, or under your bed. These water bottles are for quick access and should be rotated. You should never store water that it is in plastic containers for long periods of time.

Larger Bottles, Difficult To Carry Water Sources

This group is comprised of large bottles of water or pallets of water. These containers can be purchased at bulk discount chains such as Costco. Buying in bulk with coupons or waiting for deals is the best way to purchase tier 2 water if you are on a budget.

Long-Term Water Supplies

Group three is your large water container that is meant to store large amounts of water. This amount of water is going to be large and immobile. This water tank can be stored indoors or out.

Other Sources of Water

You want to make sure that you have enough water for an extended period of time but what happens if you need to find other sources of water? Understanding where to find additional water sources and how to filter and purify water can dramatically increase your odds of survival. This skill is essential especially if you have evacuated and you can't rely on your water supply at your safe house.

Purifying, Filtering, and Treating Water

When finding a new water source, it is imperative that you take the proper course of action to filter and purify that water source. Drinking contaminated or toxic water could be your last move. Always proceed with extreme caution when drinking any type of water. Seeking out additional water sources should always be your last resort.

When living in an urban environment one of the first problems that occurs is a stoppage of running water. With poor sanitation and a lack of fresh water, living for prolonged periods in an urban environment will not only lead to disease but also dehydration. While the human body can survive without food for weeks, only a few days without water can lead to massive problems. In addition to having enough water storage in your home you should have numerous portable water filters. Ideally you should also learn how to make rain catchers that you can attach to your roof or outside your windows. There are tutorials on how to build these rain catchers and there are also pre-made kits you can buy to keep in your home and your bug out kits. Water filters can save your life especially if you are evacuating on foot and need to replenish.

Be Aware of Chemicals

The following filters and purification methods will only work on water that is chemical free. Purifying and filtering water that is contaminated with chemicals will not work. You need to be aware of the water source you are selecting and you need to make sure there is no chemical contamination. If you have any doubts about chemicals in the water or in the area, do not drink the water and move on to another source.

Use a Coffee Filter

We are going to recommend coffee filters in both your supply kits and your bug-out-bags. Coffee filters are great for filtering out water before you purify it. Coffee filters will collect most of the dirt, debris, and sediment before you boil or place the water in your filter. This will extend the life of your filters and will make purifying water that much easier.

Boiling the Water

Boiling your water source is the recommended method to purify your water. Boiling can kill almost 100% of all microorganisms. We recommend that you boil your water for 3-4 minutes in order to ensure that you fully purify the water. Unfortunately, lighting a fire or using a heat source to just boil your water is time consuming and can drain your fuel supplies.

Chemical Treatment

You can purchase chemical purification tablets that will rid water of bacteria, virus, and other problems. These chemical treatment packages are highly recommend due to their long shelf life and ease of use. They are also safer than other methods we are going to recommend and should be a staple in any prepper's supply kit.

What to Look For in a Filter

Having a few portable filters in your home and in your bug-out-bag is imperative for any prepper. The ability to filter water when your water supply is out can dramatically increase your odds for survival. With that being said, there are a few things you should keep in mind when selecting a filter:

What is the Filter Made of

The filter medium, or substance that the filter is comprised of, will have an effect on the overall life and durability of your filter. A labyrinth or matrix filter is a dense filter designed to catch different particles and prevent them from entering your water. A fiberglass filter is one of the most effective filters but has a shorter time frame than other filters. Ceramic filters are often the most popular filter medium. They can be cleaned multiple times and they capture most particles. Unfortunately, they are very delicate and can break easily if you're not careful. We recommend that you also use a carbon core ceramic filter as it will capture more debris and better filter your water.

How Long Will It Last

Durability is an issue that you need to be prepared for when choosing a filter. Some filters will clog or need parts replaced sooner than other models. Ceramic filters will usually last the longest, but you will lose performance after numerous filters. You should check the information from the manufacturer as they will tell you how long a filter should last. Try to cut this number by 25% or in half as it is better to be safe than sorry. You can always extend the life of your filter by using a coffee filter and pre-filtering your water. Sediments and debris will dramatically decrease the shelf life of your filter.

How Easy is It to Clean

Your filter is going to be dirty and at some point will be clogged. How quickly and easily the filter is to clean should be a factor you consider when purchasing the filter. Once again, ceramic filters are easy to clean and maintain throughout their lifespan.

How Much Effort is Required

Filtering water can require a great deal of energy, especially if your filter has a tough pump system. You can look at the manufacturers information which tells you the filter's pump force (how difficult it is to work the pump). Other options include gravity filters which rely on gravity to filter the water. These are usually large water containers that you fill and gravity filters. They are by no means portable but they are a great addition to your safe house.

UV Purifiers

Another option that is available to you is UV purifiers. These are battery or solar powered purifiers that are simple to use and very effective. UV purifiers do not filter the water, so it's best to have pre-filtered water before using your UV purifier.

Other filters to consider:

portable aqua

black Berkeley filter

Katelyn and Berkeley

Food Storage Tips for Those Who Lack Space In an Urban Environment

The number one complaint that we hear from new preppers is, how am I going to store all this food? The answer is: with a little creativity. Many preppers have little to no space available for their food storage supplies so they resort to finding clever solutions. Before you begin to give up because you have no space in your house, take a second to get creative. You won't believe how much extra space you can find if you just brainstorm a bit. Keep an open mind and you will begin to notice small nooks and crannies as you go about your day-to-day life in your home. A few cans here, a storage bucket there; this can all add up and you will quickly find that you have enough space for your entire food stockpile.

Remember the Enemies of Food Storage

Just because you found a small nook or cranny to put some food in, you need to make sure you it's a safe place for your food. Small spaces can be exposed to additional heat, humidity, moisture, and insects. You need to make sure that every place you decide to store your food will prevent contamination and is food friendly for the long haul.

Bathroom Storage

One room that can provide extra storage for different items is your bathroom. Cabinets, shelving, and small closets can all be used to store small items. Try using shelves to store the contents under your sink and, instead, store food and water items under your sink.

Empty Suit Cases

Another place that you can store extra food storage items is in empty suitcases. Empty suitcases are ideal for food that has been vacuum sealed or stored in Mylar bags. You can fit quite a bit of emergency food in your suitcases. This also serves as a great bug-out-bag as you can quickly grab your suitcase and leave if you are in a hurry. You would be surprised at the amount of food and other items you can store in the empty suitcases around your house. We recommend each family member has their own personal suitcase that they store under their bed. This makes a great personal bug-out-bag should you need to evacuate.

Under or Behind Furniture

You would be surprised at what you can fit and store behind or under different furniture items in your home. Many items can be hidden from view so you won't have numerous unsightly buckets or other storage containers visible. But you would be surprised at the number of vacuum sealed bags or small containers that you can fit in random locations. Storage here and there can add up quickly and you can have quite a large food supply spread throughout your home.

Refrigerator Space

Another place that you can look to store various food and water items is on top of your fridge. Many people fail to utilize the top of their fridge which can support a large amount of food or water. Just remember to put only certain items on your fridge unless they are somehow secured. We recommend keeping only large items that are sealed on top of your fridge.

Hard to Reach Cabinets and Cupboards

Most families have cabinets or shelves that are hard to reach; hence they never fill them with items other than china that they barely use. We highly recommend that you clean out these shelves and use them for food and water storage. If you have hard to reach cabinets or shelves that you barely use, these can add precious storage space to your arsenal. Remove, donate, or throw out any items that you currently have in those shelves or cupboards. Now you can dedicate these areas for items that can save your life someday.

Look for Vertical Space

Always be on the lookout for vertical space that you are not using. This is easy space that you can quickly install a shelf that can hold extra food and water. Common places that have unused vertical space include your laundry room, closets, and garage. Next time you're doing laundry, take a look and see if you can install a shelf above your washer and dryer.

Creating Your Bug Out Bag For Urban Evacuation

In this chapter we are going to teach you how to build two types of bug out bags. The first bug out bag you should build is designed to be portable and should last you around 72 hours. The second bag is more of a kit and is designed to help you survive for weeks in the wilderness. The 72 hour bags should be kept in your car, office, or other location in case you cannot reach your home. The larger survival kit can be either stored in your car or it can be stored in your house and quickly moved to your car in a disaster situation. We are going to cover two scenarios with information regarding both bug out bags.'

The Importance Of A Police Scanner When Evacuating

When a disaster does occur a police scanner can be a valuable tool in your arsenal especially if you are looking to evacuate. Police and fire scanners can alert you to where the disaster has occurred, is spreading, or if there is more danger in the way. This is vital especially if you are in an urban environment and your escape routes are limited. The Boston Marathon disaster is a good case study as many Bostonians took to a police scanner to stay inside while police were chasing the suspect around Boston. There are many devices available as well iPhone and Android police scanners that you can pick up for a few dollars. We would recommend you invest in a scanner instead of the app just in case cell networks and internet streaming is down which often happens when a disaster does occur.

Vehicle Bug Out Kit

Preppers will properly stock their cars with supplies and bug out kits for themselves but they fail to carry a proper maintenance and equipment kit for their cars. Your vehicle breaking down before you reach your evacuation site can be detrimental to your survival. Always keep more than half a tank of gas in your car and never run near empty. You never know when a disaster will strike and you might not have time to refuel. We recommend you keep the following in your car at all times:

- bike pimp
- tire and tube repair kit
- tow chin
- fix a flat
- tire gauge
- tire pump
- lug wrench
- car jack
- battery jump starter
- 20 ft jumper cables
- extra oil

car tool kit
road flares

Understand the Basics of Your Bug Out Vehicle

Learning how to jumpstart your car is vital especially in an urban environment. Your best bet of escape when you decide to bug out is with your car. You won't have the luxury of laying low and moving slowly through a forest like a rural prepper. You need to make a decision to evacuate and move as quickly as possible. If your car for some reason cannot start or is not properly maintained you may have given yourself a death sentence. Make sure you understand general maintenance on your car and how to handle simple problems such as a dead battery. Make sure your oil is always fresh and you keep at least a half a tank of gas in your car at all times. You never know when a disaster will occur and the extra time it may take to fill up your car can be the difference between survival and death.

Having Alternative Modes of Transportation

Imagine the scenario where you are evacuating from a disaster and traffic is blocking your route or your route is compromised. In worst case scenarios you may need to abandon your vehicle. We recommend having a bike rack on your vehicle with bicycles ready in case you need to move on foot.

Disaster Scenario: You Don't Have Time to Return Home

Having to evacuate immediately and possibly forced to evacuate on foot is any prepper's worst nightmare. Losing the ability to stock up on additional supplies and securing your home is a situation no one wants to face. But you need to be prepared should a disaster occur where you need to immediately evacuate. In this scenario you should have your 72 hour bug out bags for each of your family members ready either in your car, office, or location that you can quickly pick them up and evacuate.

In an urban environment time is of the essence when you make the conscious choice to evacuate. You may not have the luxury to go home and get your bug out bag. Nor might you have the luxury to make it back to your car before a disaster does occur. We recommend you store two 48 hour bug out bags and one 24 hour bag. You should keep one 48 hour bag in your home and one in your car. You should keep the 24 hour bag at your work if possible. A small duffle bag that you can keep in a closet or in a drawer at work will be ideal. This will allow you to always have your supplies should a disaster occur and you need to quickly evacuate. If you can make it to your car or return home you should consider this a bonus, but never assume it's a guarantee that you will make it to these locations.

Basics of Your 72 hour Bug Out Bag

Your 72 hour bug out bag should be easy to carry and allow you to move quickly. The idea behind this bag is that it will provide you with the supplies to find shelter or safety. This bag is by no means meant to keep you alive in the wilderness for days. The large kit we will talk about next is designed for wilderness survival. This bug out bag is designed to keep you moving and heading towards shelter and it is designed to keep you safe and alive in the process. You want to keep this bag lightweight and keep only the supplies that are vital to your success. You can customize this bag to your location and add or remove items that might not pertain to your environment.

Bug Out Bag Foods

The main idea behind your bug out bag is to always keep moving. This means that you want to stock your bug out bag with foods that require little to no time to prepare. These foods should be high in energy and protein. You want to keep your energy levels up until you reach your evacuation destination. Bug out bag foods:

- Ramen noodles
- breakfast bars
- Peanut Butter
- Trail mix
- Energy bars
- 5 hour energy
- power bars
- jerky
- tuna
- Gatorade mix
- whey protein
- MREs

You can also add your favorite freeze dried or dehydrated meals in case you have time to prepare a larger meal.

Bug out bag: Water

You need enough water to last you 72 hours which can be over six liters. Water is extremely difficult to transport and can add a lot of weight to your bag. We recommend that you carry 2-3 liters of water and have 3-4 methods of filtration or purification. We recommend:

- 2-3 liters of water
- water purifier
- water straw
- micro filter
- micropur tablets
- canteen
- insulation
- collapsible water container
- backpack bucket

Shelter

In the event that you need to abandon your vehicle or you need to evacuate on foot you need to make sure have the proper shelter. Ideally you want a form of shelter that is easy to assemble and doesn't weigh down your bag. We recommend:

- Emergency tent kits
- hiker trail tents
- tarp
- rope

Fire and Cooking

While you want to remain on the move with your bug out bag, you still can need fire to keep warm and to cook. Having an easy way to create a fire can save you both time and energy. We recommend:

- tinder quick
- storm proof lighter
- butane refill
- Swedish Firestone
- keyring lighter
- body warmer

Flash Lights and Other Sources of light

You need to see what you are doing and where you are going. Having the proper lighting equipment is essential to your survival.

Energizer trail finder
led flashlight
executive elite flashlight
Sub cell charger
key chain led
cyalume light sticks

Other Gear to Include in Your Bag

Your bag should come equipped with all the necessary tools you need to survive and navigate properly.

Patch kit
knife sharpener
fixed blade knife
folding knife
2 bungee cords
50 para cord
gorilla tape
key chain multi tool
leather man multi tool
folding towel
folding saw
aluminum foil
cleaning pad
camp soap
isobutane stove
stove in a can
ultra light wood stove
butane stove
Sterno stove
spork
nested mess kit
2 can openers
gps
compass
map
space pen
whistle
signal mirror
safety vest
ceyalume lightening

solar noaa radio
prepaid cell phone

Sanitation

You want to arrive at your evacuation destination in perfect health without any diseases or infections. Having the proper sanitation products will ensure you are healthy when you evacuate, especially if you are traveling on foot.

Antiseptic skin cleanser
hand sanitizer
wipes
blue toilet deodorant
waste bags
biodegradable toilet paper
toothpaste
brush
dental floss
comb
sham wow
medical powder
magic soap

Personal Items

We mentioned the importance of your bug out binder in the beginning of this book and it should be included in your personal items along with your bug out usb. Include the following as well:

- Bug out usb
- Binder
- n95 mask
- sunblock
- pocket knife
- cash
- glasses

Knives and other Protection

We are going to list a few items that we would recommend you carry in your bag. Carrying a fire arm or more tactical protection devices is at your discretion.

- Pepper spray
- knives

Clothes

Packing additional clothes in your bug out bag is essential for both your comfort and survival. Imagine if a disaster does occur and you are left in your work clothes or even worse high heels. Separately pack your clothes in a dry sack with each outfit sealed. This will prevent multiple items of clothing from getting wet or damaged. We recommended

- Poncho
- hat
- work gloves
- quick dry underwear
- wool long sleeve shirt
- 2 wool blend socks
- water proof hiking shoe
- water proof hiking boots
- bug jacket.

You Can Return Home or to Your Supply Cache before Evacuating

The ideal scenario for evacuating is that you have the option to head back home and gather supplies for your evacuation. You will also have the opportunity to fortify your house and set up your defenses to protect your home from invasion and possible looting. In this chapter we will help you create your wilderness bug out bag and help you with the steps you need to take to fortify your house.

Prepping Your House

Depending on the amount of time you have before your evacuation you will want to prepare your house. First you want to be sure to turn off your water, gas, and electricity. Next, close the blinds and lock up all your windows. If you took our advice and pre-drilled and cut your plywood window and door panels, this is a good time to set them up. Make sure to lock all your doors and secure your garage doors. If wind is part of the disaster you want to clean up any debris in your yard and secure any items that could blow away.

What to Take

When loading up your family into your evacuation vehicle you need to take as many supplies as you can. First, you want to take your evacuation binder and bug out usb device. Next, you want to transfer your long term bug out bag into your vehicle. Feel free to add extra food and water supplies to your vehicle but make sure you understand that you might need to leave the supplies behind if you have to travel by foot. At this time any personal items or comfort items can be added to your vehicle. Make one final check that your house is secure and off you go.

Final Word Of Urban Prepping

Prepping needs to be practiced just like any other skill you can learn. Educating yourself, learning different tactics, and practicing these tactics will improve your prepping skills. We urge you to continue to practice prepping and seek out other sources of knowledge in addition to this book. Don't just stockpile food and supplies and think that you're prepared. Take these principles that we're going to teach you and dig deeper. Prepping can be a great hobby and you may find yourself among the ten percent of heroes that are ready to lead should a disaster occur. Good luck!